



Your path to healthy. active. independent. lifestyle . . .

# SENIOR CONNECTIONS

October 2026 | Volume 40, Edition 10

## Celebrating 45 Years of Service and Connection

### 1981 – 2026 A legacy built around older adults

This October, Colonie Senior Service Centers, Inc. celebrates 45 years of helping older adults remain healthy, active, independent and connected. What began in 1981 with a small group of community leaders and a clear purpose has grown into an organization that provides housing, meals, transportation, social adult day services, recreation and meaningful opportunities for connection.

The milestones tell an extraordinary story. CSSC served its first senior meal in 1982, offered its first health and recreation program in 1983 and provided its first transportation ride in 1984. Bright Horizons began serving families in 1985. Over the decades, CSSC opened new residential communities, expanded programs into communities across the region and created gathering places where older adults could build friendships, learn, volunteer and thrive.

Today, that original spirit remains at the center of our work. Every ride to a medical appointment, every shared meal, every day of support for a family caregiver and every welcoming activity reflects a simple belief: older adults deserve to live with dignity, choice and connection. CSSC's growth has been possible because generations of board members,

employees, volunteers, donors, community partners, residents and participants believed in that mission and helped carry it forward.

To everyone who has been part of CSSC's first 45 years: thank you. We are proud of the legacy we share, grateful for the community that surrounds us and excited to begin the next chapter together.

### 45<sup>th</sup> Anniversary Back to the 80's Bash

Thursday, October 22, 2026  
3:00 p.m. – 6:00 p.m.  
King Thiel II Pavilion, 11 Elks Lane  
For more information, see Page 3.



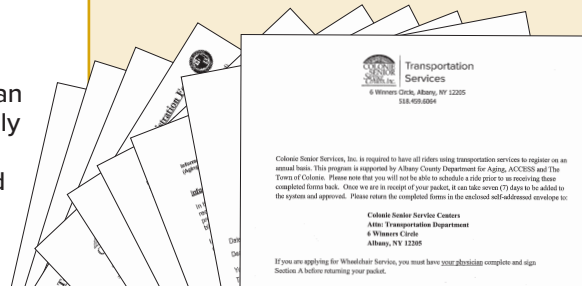
## Good News: Senior Transportation Is Returning!

We are thrilled to announce that Colonie Senior Service Centers will resume providing essential transportation for seniors. This service is returning thanks to a legislative appropriation secured by New York State Assemblymember Phil Steck and announced in August. Since then, our team has been working behind the scenes to prepare our vehicles, drivers and scheduling operations so we can safely reopen the program to the greater community.

Reliable transportation can make all the difference for an older adult who no longer drives or does not have family nearby. Access to a trusted ride helps seniors attend important medical appointments, pick up groceries and prescriptions, and remain connected to the services they need.

### Interested in Using CSSC Transportation?

All riders must have a completed Transportation Registration Packet on file before scheduling a ride. The packet is now available on the CSSC website at [colonieseniors.org](http://colonieseniors.org) and includes the information we need to register you for the program.



518.459.2857 | [www.colonieseniors.org](http://www.colonieseniors.org) | [info@colonieseniors.org](mailto:info@colonieseniors.org) | Connect with us:

Colonie Senior Service Centers, Inc. was established in 1981 as a duly authorized 501(c)(3) not-for-profit corporation.



## Message from the Executive Director



45 years ago, neighbors came together to make aging in community feel possible, safe, and dignified. This October, we celebrate that legacy with food, music, and gratitude for everyone who's been part of the story. I'm coming up on my first anniversary here, and I find myself both humbled and energized by what this community makes possible. One example? Thanks to



strong support, we're resuming senior transportation. That means real rides, real relief, and real connection. And as we look ahead, your support keeps the momentum rolling. If CSSC has ever made a difference in your life or someone you love, I'd invite you to consider a gift to help us carry this mission forward.

**Noelle Schmidt, Executive Director**



## Aging with Pride

Colonie Senior Service Centers, Inc. is excited to partner with the Pride Center of the Capital Region to help host Aging with Pride. This is a monthly group for LGBTQ+ folks 55+ designed to allow participants to connect with each other and build community in a safe and accepting space. Join us Friday, October 16<sup>th</sup> from 10:00 a.m. to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 3<sup>rd</sup> Friday of the month after that.

Expect fun, camaraderie, and a lot of love and support! Attendees are able to make a reservation and stay for lunch afterwards. For questions and additional information, please call 518-459-2857 ext. 305.

## ESL Classes

Colonie Senior Service Centers is happy to continue offering our ESL (English as a Second language) program for Capitol Region Seniors. The Class meets on Tuesdays and Thursdays mornings at The Beltrone Living Center. The vibrant classroom has students from all over the world. Our small group setting allows teachers to meet students at their level to be able to best meet the needs of our students. Due to demand our class is growing! We are looking to add additional teachers for our classroom.

Please contact Christine Tremblay, our Director of Volunteer Services at 518-459-2857 ext. 308



## Neighbor Helping Neighbor

As an agency, CSSC continues to support local residents as a good neighbor. In partnership with the Regional Food Bank, our monthly food distribution day helps those in need. Join us on Thursday, October 8<sup>th</sup> from approximately 10:00 a.m. – 11:00 a.m. at The Beltrone Living Center. Please bring your own reusable grocery bag. We ask for your patience and kindness to be extended to all involved. We do our best to ensure that everyone in attendance receives assistance. **Thank you.**



## Thank You!

Special thank you to Megan Goslow and Life Scout Troop 1701 Latham for their work on our garden boxes.



## Senior Dining Program

Join us for a hot meal at The Beltrone Living Center Monday-Friday at Noon. This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, participant contributions. Suggested participant contribution is \$3.00 Registration and Reservations are Required for this program. Call Liz at 518-459-2857 Ext. 303 for Reservations by 12 p.m. the business day before.

**Special Lunch Friday, October 2<sup>nd</sup> at 12:00 PM:** Come enjoy a captivating piano performance by composer Cole Broderick. Lunch served will be Spanish Rice with ground beef, Green Beans, a Green Salad and Applesauce.

**Special Dinner Monday, October 19<sup>th</sup> at 5:00 PM:** Come enjoy dinner with your community and an energetic performance by duo Mary & Gary! Dinner served will be Meat Lasagna, Roasted Potatoes, Green Beans, Chickpea Salad, and a Blondie for dessert.

### October 2026 Menu Menu items are subject to change

|       |                                                  |       |                                       |
|-------|--------------------------------------------------|-------|---------------------------------------|
| 10/1  | Waldorf Chicken Salad on a Bun (new)             | 10/19 | Lunch – Stuffed Pepper                |
| 10/2  | <b>Special Lunch</b> – Spanish Rice w/Beef (new) | 10/19 | <b>Special Dinner</b> – Meat Lasagna  |
| 10/5  | Sloppy Joe (new)                                 | 10/20 | Salisbury Steak                       |
| 10/6  | Bacon, Shrimp + Corn Chowder & Turkey Sand.      | 10/21 | Salmon Cakes                          |
| 10/7  | Lemon Garlic Baked Cod                           | 10/22 | Veggie Pizza (Veg)                    |
| 10/8  | Baked Ziti (Veg)                                 | 10/23 | Pepper Steak w/Onions                 |
| 10/9  | Western Omelet Bake (new)                        | 10/26 | Meatloaf                              |
| 10/12 | <b>CLOSED</b>                                    | 10/27 | Chicken Marsala                       |
| 10/13 | Chicken Bacon Mac & Cheese                       | 10/28 | Swedish Meatballs                     |
| 10/14 | Goulash                                          | 10/29 | Cream of Broccoli Soup & Turkey Sand. |
| 10/15 | Turkey Divian                                    | 10/30 | Sweet & Sour Chicken                  |
| 10/16 | Cornflake Chicken                                |       |                                       |

## You are Cordially Invited to CSSC's Annual Veterans Recognition Luncheon

**HONORING  
ALL WHO  
SERVED**

On Monday, November 2, 2026, 11:00 a.m. to 1:00 p.m., please join Colonie Senior Service Centers, Inc. (CSSC), members of the American Legion Joseph E. Zaloga Post #1520, Albany High School JROTC Cadets, and Blue Star Mothers as we honor Veterans from all branches of the Armed Services at CSSC's Annual Veterans Recognition Luncheon being held in the Lakeview Room in The Beltrone Living Center, 6 Winners Circle, Albany.

Veteran is a word that, more than any other, represents honor and the fulfillment of duty. Their dedication to protecting our freedoms and ensuring our safety is invaluable. Our sincere appreciation to all Veterans for their courage, commitment, and the countless sacrifices they have made for the greater good. It is more important than ever that our Veterans receive our support and

gratitude for protecting us both here at home and abroad. We owe them a debt that cannot be repaid. The selflessness required and the sacrifices made by a Veteran do not go unnoticed and with CSSC's Annual Veterans Recognition Luncheon we hope to demonstrate our sincere appreciation in recognizing their sacrifice and service.

In addition to a delicious lunch and live music, there will be a luncheon program honoring all Veterans present. There is no charge for Veterans to attend. The cost to non-veteran guest/attendee is \$5. To make a reservation, please call Madelyn at 518-459-2857 ext. 340. or email at [mleisenfelder@colonieseniors.org](mailto:mleisenfelder@colonieseniors.org)



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American Legion  
Joseph E. Zaloga Post #1520

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### October's Community Drive Thru Dinner Thursday, October 15<sup>th</sup>, pick up from 4:00 p.m. to 5:00 p.m.

#### Menu

- Bratwurst
- Cranberry Walnut Salad, Balsamic Vinaigrette
- Potato Pancakes
- Red Cabbage

- Apple Strudel
- Rolls and Butter

**October Drive Thru Dinner cost is \$20 (cash/check); \$20.60 (credit). per meal.**

Drive thru meals are available to anyone in the community. Reservations are required. Meals can be picked-up at The Beltrone Living Center, 6 Winners Circle, Albany. To make a reservation, please call 518-459-2857, ext. 340.

## Save the Date: CSSC's 45<sup>th</sup> Anniversary Bash

**Thursday, October 22, 2026  
3:00 p.m. – 6:00 p.m.**

We're going back to the 80's to celebrate 45 years. Come for live music, by The Lake Monsters, food, refreshments, games, 80's costume contest and more!

**RSVP by calling Madelyn at 518-459-2857 ext. 340.**  
or email at [mleisenfelder@colonieseniors.org](mailto:mleisenfelder@colonieseniors.org)



## CSSC Mission Statement

*The mission of Colonie Senior Service Centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and to provide support and services to their families and caregivers.*

*Through these services, CSSC strives to ensure the physical, mental, emotional and financial well-being of our participants, improve the quality of life, and to enhance the structure and stability of our community as a whole.*

## Directory

### Executive Director

Noelle Schmidt  
518-459-2857, ext. 302

### Administrative Operations and HR

Carol Ripley, Director  
518-459-2857, ext. 310

### Bright Horizons

Susan Napierski, Director  
518-459-2857, ext. 322  
Colonie 518-459-7967

### Facilities Manager

Brian Tompkins  
518.459.2857, ext. 304

### Finance

Andrew C. Koenig, CPA,  
Director  
518-459-2857, ext. 306

### Lifelong Wellness

Caitlyn Kelly, Director  
518-459-2857, ext. 327

### Volunteer Services

Christine Tremblay, Director  
518-459-2857, ext. 308

### Senior Dining

Liz Hatlee, Director  
518-459-2857, ext. 303

### Tool Box

Leonard G. St. Gelais,  
Coordinator  
518-608-4758

### Transportation Services

James Kyme, Director  
518-459-2857, ext. 301  
To Schedule a Ride:  
518-459-6064

### The Beltrone Living Center

Jessica Flynn, Site Manager  
518-459-2711

### King Thiel Senior Community and Sheehy Manor

Rachel Hoyka, Site Manager  
King Thiel: 518-429-6292  
Sheehy Manor: 518-782-2350

### King Thiel II

### Senior Community

Janice Whitney, Site Manager  
518-704 4267

### Media and Communications

Michael DiGiuseppe, Specialist  
518-459-2857, ext. 337



Colonie Senior Service Centers, Inc.

6 Winners Circle  
Albany, NY 12205

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## Defensive Driving Classes

Richard Burt, CSSC's Driver Fitness Coordinator, will conduct Defensive Driving Classes on the following dates:

- **Wednesday, October 14 2026** from 5:00 p.m. to 8:00 p.m. (Part 1) and **Friday, October 16, 2026** from 5:00 p.m. to 8:00 p.m. (Part 2). This is a split class. Must attend both sessions to receive certification.
- **Wednesday, October 21, 2026** from 9:00 a.m. to 3:30 p.m.
- **Friday, November 13, 2026** from 9:00 a.m. to 3:30 p.m.
- **Wednesday, November 18 2026** from 5:00 p.m. to 8:00 p.m. (Part 1) and **Friday, November 20, 2026** from 5:00 p.m. to 8:00 p.m. (Part 2). This is a split class. Must attend both sessions to receive certification.

Classes will be held at The Beltrone Living Center, 6 Winners Circle, Albany, NY.

**Cost is \$25 (cash/check) or \$25.75 (credit) per person, due before day of class.**  
**To reserve your seat, call 518-459-2857, ext. 340.**